

Daily Adventures in a Parisian Kitchen

Chocolate and Zucchini Cake

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



273 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1 cup chocolate chips
- ☐ 0.5 cup dutch-processed cocoa powder unsweetened
- ☐ 3 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon coffee instant
- ☐ 1 cup brown sugar light packed ()

- ☐ 0.5 cup olive oil extra virgin unsalted for greasing at room temperature (1 stick)
- ☐ 0.5 teaspoon sea salt fine
- ☐ 1 teaspoon vanilla extract pure
- ☐ 2 cups zucchini grated unpeeled for optional garnish

Equipment

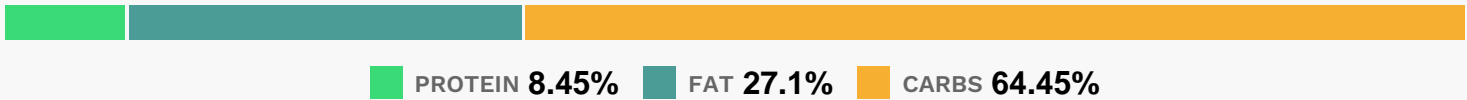
- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ mixing bowl
- ☐ cake form
- ☐ wooden spoon
- ☐ spatula
- ☐ springform pan

Directions

- ☐ Preheat the oven to 350°F and grease a 10-inch springform pan with butter or oil.
- ☐ In a large mixing bowl, whisk together the flour, cocoa powder, baking soda, baking powder, and salt. In a food processor, process the sugar and butter until creamy (you can also do this by hand, armed with a sturdy spatula).
- ☐ Add the vanilla, coffee granules, and eggs, mixing well between each addition.
- ☐ Reserve a cup of the flour mixture and add the rest to the egg mixture.
- ☐ Mix until just combined; the batter will be thick.
- ☐ Add the zucchini and chocolate chips to the reserved flour mixture and toss to coat. Fold into the batter and blend with a wooden spoon—don't overmix.
- ☐ Pour into the prepared cake pan and level the surface with a spatula.
- ☐ Bake for 40 to 50 minutes, until a knife inserted in the center comes out clean.

- ☐ Transfer to a rack to cool for 10 minutes, run a knife around the pan to loosen the cake, and unclasp the sides of the pan.
- ☐ Let cool to room temperature before serving.
- ☐ Sprinkle with confectioners' sugar, glaze with melted chocolate, or decorate with a few slices of raw zucchini (you don't have to eat them, though).
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Chocolate and Zucchini by Clotilde Dusoulier Copyright (c) 2007 by Clotilde Dusoulier Published by Broadway Books.Clotilde Dusoulier lives in Montmartre. Her award-winning blog, Chocolate & Zucchini, was launched in 2003.

Nutrition Facts



Properties

Glycemic Index:15.17, Glycemic Load:11.61, Inflammation Score:-3, Nutrition Score:8.1682608386745%

Flavonoids

Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg, Catechin: 2.32mg Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg, Epicatechin: 7.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 273.31kcal (13.67%), Fat: 8.46g (13.02%), Saturated Fat: 5.33g (33.3%), Carbohydrates: 45.29g (15.1%), Net Carbohydrates: 42.62g (15.5%), Sugar: 23.62g (26.25%), Cholesterol: 46.65mg (15.55%), Sodium: 247.61mg (10.77%), Alcohol: 0.11g (100%), Alcohol %: 0.14% (100%), Caffeine: 10.86mg (3.62%), Protein: 5.93g (11.87%), Selenium: 12.47µg (17.81%), Manganese: 0.35mg (17.74%), Folate: 53.44µg (13.36%), Vitamin B1: 0.2mg (13.05%), Vitamin B2: 0.22mg (12.66%), Iron: 2.12mg (11.76%), Copper: 0.22mg (11.11%), Fiber: 2.67g (10.66%), Phosphorus: 104.96mg (10.5%), Calcium: 88.71mg (8.87%), Magnesium: 35.09mg (8.77%), Vitamin B3: 1.61mg (8.06%), Potassium: 270.8mg (7.74%), Zinc: 1.15mg (7.69%), Vitamin B6: 0.1mg (4.77%), Vitamin B5: 0.47mg (4.71%), Vitamin C: 3.77mg (4.57%), Vitamin E: 0.67mg (4.45%), Vitamin K: 3.32µg (3.16%), Vitamin B12: 0.15µg (2.55%), Vitamin A: 110.33IU (2.21%), Vitamin D: 0.25µg (1.67%)